



## The Director's Corner

Dr. Keith Schafer

### Spring Institute provides opportunities for staff

When I returned to the department last year, one of the things that impressed me most was the Spring Training Institute, which took place about 100 days into my return. Hundreds of people were in attendance not only to get the latest information available in their chosen professions, but to network and learn from each other what works, what's new, and how to improve the lives of the people they serve on a daily basis.

Department of Mental Health consumers, providers, and staff again will have the opportunity to learn about the latest research, programs, and treatments at the 2008 Spring Training Institute, scheduled for May 14-16 at the Tan-Tar-A Conference Center in Osage Beach.

Another positive change for the conference, which started as the Program Directors Conference in the Division of Alcohol and Drug Abuse, is the opportunity to hear from experts on the issues affecting persons served by all three of the department's divisions. Because of its expanded focus, this annual gathering also attracts staff from the Department of Corrections, the Department of Health and Senior Services, and the Department of Social Services.

This year, Terry Cline, Ph.D., Administrator

*continued, pg. 2*



## Put Your Cell Phone on "ICE"

*Actually, you should put 'ICE' on your cell phone.*

We all carry our mobile phones with names & numbers stored in memory, but nobody, other than ourselves, knows which of these numbers belong to our closest family members or friends.

If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone, but wouldn't know who to call. There are hundreds of numbers stored, but which one is the contact person in case of an emergency? Hence this "ICE" (In Case of Emergency) Campaign.

The concept of "ICE" is catching on quickly. It is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name "ICE" (In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile



phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as "ICE."

For more than one contact name, simply enter ICE1, ICE2, ICE3, etc. A great idea that will make a difference!

Let's spread the concept of ICE by storing an ICE number in our Mobile phones today!

It really could save your life, or put a loved one's mind at rest.

ICE will speak for you when you are not able to.

ICE — a life-saving idea.

## What's inside?

The Watercooler . . . pg. 2

Get Inspired . . . pg. 3

Meet Your Employee of the Month . . .pg. 3

View all of the department's news releases at [dmh.mo.gov/news](http://dmh.mo.gov/news)

# The Watercooler

Your brief monthly update on what's happening across DMH. For a full update on all DMH organizations and news visit DMH Online or visit the blog, [Missouri DMH Connections](#).

## Let there be (Flash) Lights, thanks to Husky

In the fall of 2007, Husky Professional Tools Co. donated several thousand Husky flashlights to the state of Missouri. The State Emergency Management Agency (SEMA), in turn, distributed the flashlights for use by state agencies "as well as others within your organization who play a key role in disasters and recovery," according to SEMA. DMH is the recipient of 803 of these flashlights, enough to provide each facility with three boxes (18 flashlights) for their safety teams.

In addition, consumers who attend readiness training sessions sponsored by the National Alliance for the Mentally

Ill of Missouri and People First will receive flashlights as a start to their emergency kits. NAMI has received seven boxes for kits for persons with special needs.



## SPAC to recognize responsible media coverage of suicide

The Missouri Suicide Prevention Advisory Committee (SPAC), a governor-appointed committee charged with promoting suicide prevention efforts throughout the state ([www.dmh.mo.gov/cps/issues/suicide.htm](http://www.dmh.mo.gov/cps/issues/suicide.htm)) plans to honor newspapers in Missouri that meet established criteria for media coverage of suicide at its annual conference in the fall of 2008. The committee will monitor media coverage from January to June of 2008.

Several sets of reporting guidelines have been developed by various national suicide prevention organizations. In summary, these guidelines recommend avoiding:

- detailed descriptions of suicide,
- romanticizing someone who died by suicide,
- glamorizing the suicide of celebrities,
- oversimplifying the causes of suicide,
- overstating the frequency of suicide and avoiding use of the words "committed suicide" or "failed" or "successful."

(More Watercooler on pg. 4.)



## Consumer Safety brochure now available on line

The department's consumer safety brochure, entitled "Keeping Mental Health Services Safe," is now available on the DMH web site. Text of the document is available on the page, as well as a link to a pdf version. The pdf format allows viewers to print the document and create the three panel brochure as needed for

staff, clients, and family members.

The brochure gives warning signs, examples of abuse situations, and information on how to report abuse, along with the followup process.

To access, go to <http://www.dmh.mo.gov/opa/pubs/KeepingMentalHealthServicesSafe.htm>

## Director's Corner, cont.

of the Substance Abuse and Mental Health Services Administration, will be among the featured presenters. He will discuss his agency's priority programs and initiatives, including the importance of committing to a public health approach in mental health services, integrating services, and using science to improve services.

Training opportunities at the conference include pharmacotherapy; veterans' issues; co-occurring disorders; substance abuse prevention, trauma; children, youth and families issues; compulsive gambling; criminal justice; faith-based treatment; professional development; and program administration.

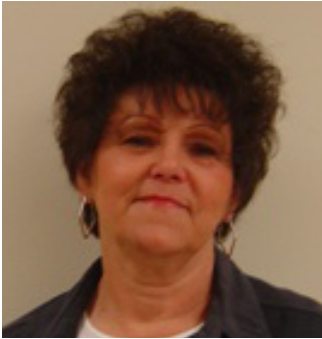
The Spring Training Institute is a premier event in the effort to achieve our vision of Hope, Opportunity, and Community Inclusion in the Department of Mental Health, and I commend the organizers for the hard work and attention to service over the years.

There is still time to register. The deadline is April 28. More information about the Training Institute and the sessions scheduled is available at the department's web site at <http://www.dmh.mo.gov/ada/provider/springtrain.htm>

**Unique tax benefits are available to families who have members with special needs. View a partial rundown developed by a professor of accounting:**  
<http://www.specialneedsanswers.com/resources/article.asp?id=5678&section=4>

# Meet your Employee of the Month

JANUARY 2008



## Elaine Cunningham

Office Support Assistant  
Southeast Missouri Mental  
Health Center

### Why is Elaine the EOM?

Elaine was recognized not only for the wonderful job she does in the ER, but also for the extra effort she puts forth to help in other areas of her department. She is thoughtful, kind, and considerate of all staff.

She has taken on the responsibility of supervising the ER clerks and continues to train all clerks and staff on CIMOR.

When the ER is short-staffed, she works late and on weekends. She consistently demonstrates concern for both clients and other staff.

### Thoughts about Elaine from her coworkers:

"Barbara Elaine Cunningham works very hard all day, even through her lunch time when we are extra busy."

"We cannot do without her, her ability to stay on top of problems, all requests, all needs."

"Elaine listens to input from all the staff and different disciplines in the ER to improve clerical services and to keep the "paper shuffle" part of our jobs running smoothly."

## **Congratulations Elaine, and thanks for all your hard work!**

# getting *Inspired*

*Every day the employees at DMH are changing lives for the better. You all are awesome! This story was submitted by Trina Licata at the St. Louis Regional Office.*

**Department:** Early Childhood Team, NH5

**When:** April 2006.

For a few years this family had been requesting funding for a stair glide so their growing child could be moved downstairs to the lower level where they had created a therapy room. They realized that she was growing and getting heavier to lift and carry. This was hard on her mom and her therapists who came to the home. I happened to receive information and an application for Kids Assisted Technology and phoned the mom to tell her about it. I wondered if they would qualify. She laughed and stated that they qualified for just about everything. I sent the information and in about two months they had their stair glide. Her comments are below.

*"Great News! K's stair lift is installed and works great. It is WONDERFUL. She thinks it is really fun, as D. does too. A and I are thrilled because our backs will be at ease from here on out. This weekend A was gone and we went up and down stairs as many times as K wanted to do it. :) She liked that. She usually has to wait on my energy level, and then once we are up stairs again, it is slim chance of returning. Now that is all different. Thank you so much for keeping your eyes open to grants and opportunities for us. Now if we can get on the Sarah Lopez waver by the time we need a wheelchair accessible bathroom! :) God's timing is always good thankfully."*

This is a wonderful family and it was so gratifying to be able to assist just by keeping an eye out for opportunities.

*(more Inspirations on pg. 4)*

## **DON'T FORGET!**



- Mental Health Awareness Day at the Capitol, April 10, 2008.
- Mental Health CHAMPIONS Banquet, April 16, Capitol Plaza Hotel, Jefferson City
- April 24 - National Denim Day for Rape Awareness

- Spring Training Institute, May 14-16, 2008, Tan-Tar-A Resort. For information, go to [www.dmh.mo.gov/ada/news.htm](http://www.dmh.mo.gov/ada/news.htm)
- The 2008 Legislative session began January 9. The department tracks bills of interest and lists them on the DMH website at [www.dmh.mo.gov/diroffice/legis/update.htm](http://www.dmh.mo.gov/diroffice/legis/update.htm)



# More Watercooler

(continued from pg. 2.)

However, to ensure positive outcomes, these guidelines recommend including:

- a referral number and information about local crisis intervention services,
- recent treatment advances,
- interviews with mental health professionals knowledgeable about suicide, and
- emphasis on actions that communities can take to help prevent suicide.

For more information or other assistance on this topic, you may contact suicide prevention staff via e-mail at [MoSPP@dmh.mo.gov](mailto:MoSPP@dmh.mo.gov)

**Now ready for viewing! The new Missouri System of Care Web Site for the Office of Comprehensive Child Mental Health**  
<http://www.soc-mo.org/>

## Mental Health Champions Banquet Have You Made Your Reservation??



2008

### Missouri Mental Health CHAMPIONS Awards Banquet

Celebrating Outstanding Missourians  
with Mental Health Challenges

Wednesday, April 16, 2008  
Capitol Plaza Hotel  
Jefferson City, Mo.  
6 p.m.



Missouri Mental Health Foundation  
Changing Attitudes, Building Hope  
**MMHF**

Reservations accepted after February 1, 2008.

For more information, go to

[www.dmh.mo.gov/news/MHChampions.htm](http://www.dmh.mo.gov/news/MHChampions.htm)  
or call 1-800-364-9687

Cosponsored by the Missouri Department of Mental Health  
and the Missouri Mental Health Foundation

To see news about your organization in  
The Watercooler, email your stories to:

[opamail@dmh.mo.gov](mailto:opamail@dmh.mo.gov)

by the 1st of each month. Let everyone know  
about the good work you're doing!

# more Inspirations

(continued from pg. 3.)

*From Pamela Brase, Southeast Missouri Residential Services.*

I'm the Speech Language Pathology Asst. II., at Poplar Bluff, and Sikeston. A number of years ago, I decided to assist one of our residents, who I felt had the potential to read, in accomplishing that goal.

He has gone from being a non-reader, to reading on the second grade level. We're both extremely proud of his accomplishment.

*... and from Emily McArthur, Cottonwood Residential Treatment Center*

**When:** July 2007.

This Summer I saw a girl who had been a resident at Cottonwood Residential Treatment Center when she was 15 years old. She was very severe then and stayed at Cottonwood for a longer period than average. She was very happy to tell me of her success. She had had a very difficult time as a teen-ager.

After leaving Cottonwood she dropped out of high school. She was living in and out of her parents' house, boyfriends' houses, friends' houses, etc. Finally she said, she got her life on track. She took the GED test, scoring high enough to qualify for college scholarships. She is now going to college. She seems to be doing well. I am taking classes as well and see her often on her way to class. She looks like all the other college students. She looks clean, happy and well taken care of. She has pride in herself and hope for her future.

*... and Scott Carter, CPS Western Region*

**When:** Effective July 1, 2007

With the cooperation of the MRDD Kansas City Regional Office, Central Office Staff, and Western Mo. staff, 25 beds at three group homes have been approved as waiver beds. The process was accomplished in a short period of time and has resulted in: 1) creating alternative beds for MRDD clients at CPS inpatient facilities, therefore helping open up the system, and 2) creating a new revenue stream for Western Region facilities and CPS Central Office.